

POSTCARD FROM EGYPT

Egypt is famous for the Pyramids, Sahara Desert, and Nile River. It's known for its ruins and world wonders. It is also famous for its mesmerizing beaches, coral reefs, and sea cruises. Here is how to get the best out of Egypt from home with our 'Resilient Movies Menu'

Starter:

Resilience Framework – Basics - #Enough Sleep

Egyptian mummies are well known for sleeping for a very long time! They know preservation comes from getting enough sleep and rest. Discuss the important questions about sleep. Are you getting enough sleep? Is there anything stopping you? Does sleep really impact on your Mental Health? Research how sleep impacts your Mental Health and discuss changes you could make. <https://www.healthline.com/nutrition/10-reasons-why-good-sleep-is-important#Food-Fix:-Foods-for-Better-Sleep>

Main:

Resilience Framework – Basics - #7Enough Sleep

Try keeping a sleep diary for a week. Preserve a positive Mental Health by focusing on the right amount of sleep. Use the link below for an example sleep diary.

<https://www.nhs.uk/livewell/insomnia/documents/sleepdiary.pdf>



Dessert:

Resilience Framework – Belonging - #11Help the young person understand their place in the world

The pyramids are an engineering and design phenomenon. The smooth angular represent the sunbeams. Build your own pyramid and use each side to represent the 4 things that make your day shine bright. It might be family, friends or even your favourite dinner. Don't forget to decorate with your own hieroglyphics (images) to represent the things you have identified. No pyramid is complete ornate decoration.

Cheese Board:

Resilience Framework – Coping – #36Have a Laugh

Baladi is the most common style of dance in Egypt today and is used to dance to all sorts of music, including Western pop and Al Jeel. Cleopatra loved to dance. Be like her and make a real asp of yourself.



Boing Boing developed the resilience framework we are using. For more information visit

<https://www.boingboing.org.uk/resilience/resilient-therapy-resilience-framework/>

We would love to hear about what you are doing. Please share any pictures or write to us about what you have tried. Send to

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Images and write ups will be shared on social media.

In association with Resilient Rutland, a lottery funded project.

Bringing the Resilience Framework, developed by Boing Boing, to Life